

Perceptions of Engaging with a Super-Strengths Approach in Elite Sport

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PERCEPTIONS OF SUPER-STRENGTHS APPROACH

Raw Data Themes

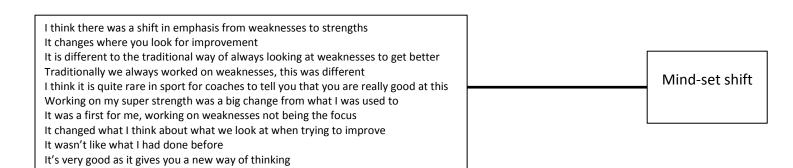
Lower Order Themes

1.0			05		fuel memes
It's It g It g It's The It h It g	lieved that I could be one of the best in the world really important for your confidence, to know I am genuinely good at something ives you that bit of chest back feeling, that I am good ives you a bit of self-importance nice knowing that actually yeah I think I am better than you at this. ere is always that inner belief in yourself as had a big impact on my confidence ave me confidence to believe I could compete at an Olympic games e best thing about super strengths is the confidence it gives you	Self-belief]
l th	ey see something in you and it makes you feel a bit special. ink it gives you more confidence because someone believes in you owing that you have this one thing that people see in you makes you feel good	Others' belief			-
lt n The	ives you more confidence because you're concentrating on what you are good at nakes you feel really good focusing on the positives. e positivity that comes from working on strengths makes a difference. eally makes you feel good knowing you are working on something you're good at	Positive focus			-
You If the It g It g It a Othe It g	per strengths is linked to confidence as it reminds you of your edge a know that you have something that it is better than anyone else. They can't read what I'm going to do, I'll always have the upper hand on my serve. They can't read what I'm going to do, I'll always have the upper hand on my serve. They can't read what other players worried about ave me an aura, because people knew that I could lead the race and still win, and the ple had thought you couldn't do that. They found they have they know you have a super strength ther players fear you - when you believe someone fears you, you don't fear them tives me a huge advantage over anyone else because nobody is winning that my points	Edge on others		Con	fidence
I ha Wh I fe It's I fe Kno I kr Bel	ives me more confidence going into matches d more confidence in leading my races en I raced, I raced a lot more confidently It more confident in my method going out there very simple playing to your super strengths; it's a very big confidence thing. ives you more belief in yourself to go for the shots, more belief you can do it el confident that I will make the right decisions around the super strengths owing what works for you and that gives you the confidence to go out and race ew that I would always be able to deliver those super strengths ieving I could deliver a game that could get me to the Olympics and win us a dal made a big impact on my performance	Competition confidence			-
do It's We I ha It g If I It's give Kno	Ir confidence is sky high because you know you have done everything you could to prepare for the comp. that confidence that you've put the right programme together for the vision knew we had done the hard work, full of confidence to go and execute d a lot more belief after putting it into practice ives you confidence once you have done it, and you have seen am working on my strengths in training, I am going to be building confidence the knowledge and understanding that you have shown you can produce it that es you confidence. wwing that you just need to do what you have been doing gives you an ouchable confidence	Preparation			
I co We I di goi Eve out As Sta	ave a lot of players a lot of confidence in our team uld see that everyone had the confidence that they would just do their job. believe that our team has that extra edge dn't doubt at any point that we would win as we all knew what each of us was ng to deliver n when losing we still have this confidence that if we bring our super strengths we will win. a team it gives you inner confidence, there is no doubt about it. nding up and telling each other what it was we brought to the team created a l confident environment and a real energy.	Team confidence			

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Raw Data Themes

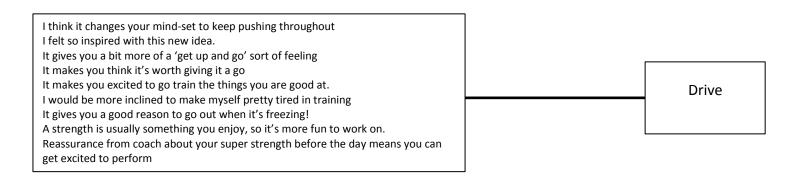
Higher Order themes

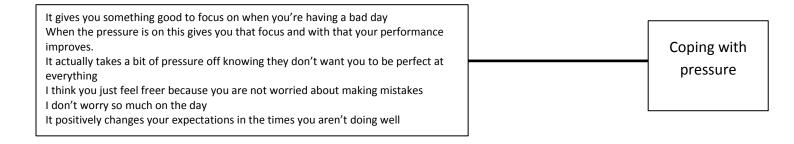


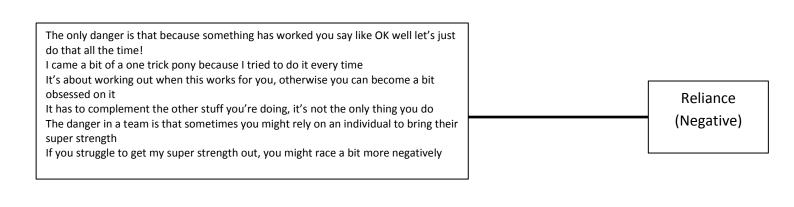
I am much more focused when playing games in training It gives you more of a focus and purpose in training You go out to training with areas you want to focus on around your super strengths It gives you structure to your practice There was a clear focus in training to implement my strengths in the session It gives you a plan to work on in training	Training focus	
It provides a simple strong message which is what a team needs It can give you a clear method for performing It helps you really establish your method for performance It is about clear messages, clear goals and focusing It provides a much clearer methodology about how you score your runs It gave me a real focused game plan of what I set out to do in a match It helps you just focus on one or a couple of things when performing It gives you a way of focusing your game on something It is your thing you bring to the team so you feel part of the cog in the wheel. Everyone has a super strength and so everyone has a part to play.	Strategy for competition	Clarity of
It's like a blueprint and as a team you always go back to it It was something I could always refer to It was something I could fall back on when the pressure was mounting It's very easy to keep referring back to your super-strengths in performance Whether it's going good or bad you can always go back to your super strengths. It's something to fall back on even if your game isn't going so well If you are having a tough time or a poor bit of form you can always go back there	Default method	purpose
You know where you are going once you have a super strength to work on Immediately it gives you focus and direction I think it gives me a focus It gives you a target, as in something you can always work towards no matter what It gives you much more clarity than trying to improve on lots of things It made me practice more, deliberately thinking of my way to succeed There was a real mentality shift trying to be a bit more proactive on the court I think it just gives you a clear focus, knowing what you are going to work on. It gives you focus and direction for improving	Goal direction	

PERCEPTIONS OF SUPER-STRENGTHS APPROACH

Raw Data Themes







I got so fit so I could get to the front and then I had an opportunity to medal We have had our best outcomes since working in this way		
I won my first world cup event this year which was a while after we had started doing this		Performance
It made me the best player in the world for a while		
It's what I am better than others at and it gives me a better chance to win.		Outcomes
I am playing better and at the highest level more often, not dipping like I would		
before		
Performance wise I got stronger using my super-strengths		

Figure 1. Higher-order, lower-order and raw data themes representing athletes' perceptions of

the effects of the super-strengths approach.